

UPCOMING PROGRAMS, March 1 – 31, 2022



Registration for Spring Classes begins Monday, March 7 for Westport Residents!

The WCSA will begin registration for our Spring quarter (April – June) on March 7th for Westport residents and March 14th for non-Westport residents. The spring calendar is available on our [website](http://www.westportct.gov/seniorcenter) (www.westportct.gov/seniorcenter). Registration is available online at MyActiveCenter.com, by phone at 203-341-5099, Monday through Friday from 8:30 AM to 4:30 PM, or by mailing in your registration form with a check made out to the WCSA. The WCSA also has a locked drop box to the right of the front door where you can drop off your registration form and check. Please note: A \$10.00 late fee will be added for anyone registering after March 31st for any class that runs more than six weeks in length. A 2022 Fitness Waiver is required for any exercise class and can be found on our [website](http://www.westportct.gov/seniorcenter). Scholarships for Westport residents are available by contacting WCSA Director, Susan Pfister at 203-341-5098. All scholarship requests will be kept confidential. **If you have any questions regarding registration, please feel free to call the WCSA at 203-341-5099.**

“Ask Kaila” — Tuesdays and Thursdays

Social Worker, Kaila Morgan, MSW, for the Town of Westport Department of Human Services, will be at the WCSA on **Tuesdays and Thursdays from 8:30 AM to 4:30 PM** to offer assistance and resources regarding community services, as well as, potential state, federal and town benefits. Before coming to the Town of Westport, Kaila worked as a Care Manager at the Agency on Aging, provided crisis and social work interventions in an emergency hospital setting, and served as a paraprofessional at Fairfield Public Schools. She has experience providing in-home services to families, providing clinical support to various clients to encourage self-sufficiency and independence, counseling, functional and financial assistance assessments, and developing care plans. Kaila graduated from Fairfield Warde High School, received her Bachelor of Science degree in Psychology from Sacred Heart University, and a master’s degree in Social Work at Southern Connecticut State University.



Tuesday, March 1 and 15: Coffee with Kaila

Join Kaila Morgan, MSW, in Sue's café for a cup of coffee and a supportive discussion on aging issues we all face. Personal stories will remain strictly confidential. Kaila is a Social Worker for the Town of Westport Department of Human Services. **Time: 10:15 to 11:15 AM.**



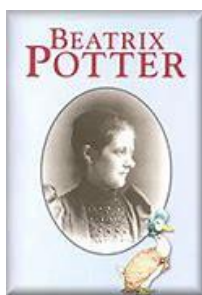
Wednesday, March 2 and March 16: SWCAA Caregiver Support

The Southwestern CT. Agency on Aging (SWCAA) is co-sponsoring a caregiver support group. Terry Giegengack, M.A. will lead the group twice a month on Zoom. Terry's professional experiences include casework and administrative positions, both in Westport and Fairfield's Departments of Human Services. This program meets on the first and third Wednesday of the month. **Please contact Holly Betts, Program Manager at 203-341-5096 or via email: hbetts@westportct.gov to register. Time: 10:00 to 11:00 AM.** Donations accepted.

Wednesday, March 2: Letting Go of Stress with Deirdre Ekholdt, LCSW

Stress and tension take a toll on the body and mind, but you can learn to let go and relax. In this class, you will be guided through proven stress techniques including mindfulness, breathing, and guided imagery to experience a state of deep relaxation. **Pre-registration is required online at MyActiveCenter.com or by calling the WCSA at 203-341-5099.**

Time: 1:30 to 2:30 PM.



Wednesday, March 2: Art Lecture with Christine Hauck – Helen Beatrix Potter: English Writer and Illustrator, Scientist, Conservationist and Magical Storyteller

Most of us know her as the author and illustrator of the children's series "The Tale of Peter Rabbit." What we may not know is Helen was an astute student of nature and a conservationist. Christine will highlight Beatrix Potter's many sources of inspiration and trace her creative process in developing her cast of characters in the magical series *The Tale of Peter Rabbit*. Christine Hauck is an Adjunct Professor of Digital Humanities for the UCONN Digital Media & Design Department, School of Fine Arts, CT. She is also a Design Director and Multimedia Artist in Design and Digital Media. **Pre-registration is required online at MyActiveCenter.com or by calling the WCSA at 203-341-5099. Time: 10:30 to 11:30 AM.**



Wednesday Documentaries

Every **Wednesday at 2:30 PM** the WCSA will be showing documentaries on our big screen. A list of titles can be found on the flyer rack at the WCSA or our weekly email newsletter.

Thursday BINGO!

Join volunteer Doug Brill for in-house BINGO **every Thursday from 1:15 to 2:00 PM.** The cost is \$.05 cents per card per game. Remember to bring your own nickels! **Pre-registration is required online at MyActiveCenter.com or by calling the WCSA at 203-341-5099.**



Thursday Tech Club

Confused about your tech device? Janette and Mikhail – “mother and son tech duo to the rescue” – will assist with your computer tech questions such as signing in, password re-set, downloading and uploading files. They are available for **half-hour appointments every Thursday from 3:15 to 4:15 PM.** Please call the WCSA at 203-341-5099 to schedule an appointment.



Monday, March 7: Shakespeare Discussion Group Series

William Shakespeare is arguably the most famous crafter of words in the English language. Join us as we engage in a lively discussion of *Romeo & Juliet*. Shakespeare Scholar (and Westport's Poet Laureate) Diane Lowman will lead the group in a spirited group exploration. **Participants are asked to bring a copy of the play with them to class.** Please note: *This is not a lecture series; participants should have at least some familiarity with each play.* Pre-registration is required online at MyActiveCenter.com or by calling the WCSA at 203-341-5099. Time: 10:30 AM to Noon. Cost: \$4.00.



Tuesday, March 8 and 22: Ask the Nurse and Blood Pressure Screening

A registered nurse from Visiting Nurse & Hospice of Fairfield County will be at the WCSA for free blood pressure, depression screenings, medication management and to answer any other questions you may have. Time: 9:30 to 11:30 AM. Please call the WCSA at 203-341-5099 to make an appointment.

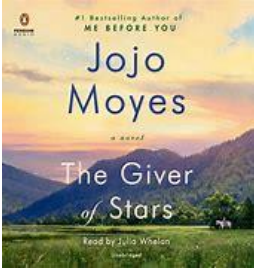
Tuesday, March 8: Early Onset Alzheimer's Support Group

The purpose of this early-stage support group is to provide a safe and supportive environment for peers who are living in the early stages of Alzheimer's disease or related dementia. The Early Onset Alzheimer's Support Group offers dementia-related education, emotional support, and connections with resources so that the group members may enhance their lives in the midst of the disease. This group is NOT for caregivers, it is for the people living with Alzheimer's disease or other dementia and are in the early stage of the diagnosis and meets the second Tuesday of each month. Time: 11:30 AM to Noon. To register, please contact Heather Gately of Home Instead Senior Care at 203-833-9924.



Wednesday, March 9: Hearing Screenings with Lisa Ogilvy

AA Hearing Aid Center is here to provide free hearing screenings and hearing aid care once a month at the WCSA. Lisa Ogilvy is a licensed hearing instrument specialist. **Appointments are from 9:00 AM to Noon. To make an appointment for any of these services, please call the WCSA at 203-341-5099.**



Wednesday, March 9: “Shelf Awareness” Book Club – “The Giver of Stars” by Jojo Moyes

Join the WCSA book club facilitated by Jill Meyer as they discuss the historical fiction novel set during the Depression about five women taking part in Eleanor Roosevelt’s Traveling Library, in Kentucky in the 1930s. The book focuses mainly on Alice and Margaery, but we also learn about the rest of the librarians through them. Moyes mostly tackles the discrimination, gender-based violence, and illiteracy in the area at that time. **Pre-registration is required online at [MyActiveCenter.com](https://www.myactivecenter.com) or by calling the WCSA at 203-341-5099. Time: 2:00 to 3:00 PM. Books and Kindle versions are available at local libraries and bookstores.**

Monday, March 14: Westport READS 2022: Book Discussion

The Westport Center for Senior Activities is partnering with the Westport Public Library for its annual **WestportREADS** program. The WCSA will host a book discussion of this year’s selection. Join other members of the community in discussing this year's **WestportREADS** selection, *The Invisible Life of Addie Larue*. France, 1714: in a moment of desperation, a young woman makes a Faustian bargain to live forever and is cursed to be forgotten by everyone she meets. Thus, begins a dazzling adventure that will play out across centuries and continents, across history and art, as a young woman learns how far she will go to leave her mark on the world. Created in 2002, **WestportREADS** is designed to deepen engagement in literature by the community reading the featured book and joining in a book discussion and programs. This program will be held at the WCSA. **Pre-registration is required online at [MyActiveCenter.com](https://www.myactivecenter.com) or by calling the WCSA at 203-341-5099. Time: 1:30 to 2:30 PM.**

Tuesday, March 15: Nutrition Information Table: Healthy Snacking and A World of Flavor

March is National Nutrition Month. Join WCSA nutrition coordinator, Paulina Przybysz, for information on how to choose a healthy snack and control your snacking! Paulina will also share some favorite recipes from Polish cuisine. **Time: 11:00 AM to Noon.**

Wednesday, March 16: Art Lecture with Christine Hauck: Donald Deskey: American Modern Designer Pioneering America’s Art Deco 'Streamlined Modern' Style

Donald Deskey is one of America’s most famous Modern designers. With Paul Frankl, Deskey established the American Art Deco 'streamlined modern' style. He designed apartments for high society like the Rockefellers, but his most important commission was his interior design of the Palace of American Art Deco at Radio City Music Hall. Deskey designed just about everything. He also owned his own furniture company Deskey-Vollmer for which he designed a limited number of pieces. In her lecture, Christine will trace his sources of inspiration and his creative thinking for his projects. **Pre-registration is required online at [MyActiveCenter.com](https://www.myactivecenter.com) or by calling the WCSA at 203-341-5099. Time: 10:30 to 11:30 AM.**



Thursday, March 17: St. Patrick's Day Lunch

Celebrate St. Patty's Day at the WCSA and enjoy our holiday lunch which includes potato leek soup, corned beef brisket & cabbage with boiled potatoes. **The WCSA is offering two seatings: 11:30 AM to 12:30 PM and 1:00 to 2:00 PM.** Pre-register online at [MyActiveCenter.com](https://www.MyActiveCenter.com) or call the WCSA at 203-341-5099. Please request the time you desire when registering. Space is limited – so please register early and reserve your spot! Suggested donation of \$5.00 - \$7.00.

Friday, March 18: Friday with Friends Magic Show

Chris Lengyel is a one-of-a-kind magician/illusionist who has performed his show "Nothing Up My Sleeves" at venues all over the east coast of the United States. He has headlined theaters and festivals for the last 15 years and performed for the likes of Penn and Teller, as well as the Impractical Jokers. **Pre-registration is required online at [MyActiveCenter.com](https://www.MyActiveCenter.com) or by calling the WCSA at 203-341-5099. Time: 1:30 to 2:30 PM.**



Wednesday, March 23: Under Four Reigns: Catherine Duchess of Suffolk and the Tudor Dynasty

Historian Mona Garcia will discuss the life of Catherine, Duchess of Suffolk. Her life spanned the reigns of Henry VIII, Edward VI, Mary I, and Elizabeth I. As the wife of Charles Brandon, Duke of Suffolk (Henry VIII's best friend), and as the friend of Catherine Parr, Henry VIII's sixth wife, her life intersected that of the Tudor Dynasty. Please join us as we explore the life of Catherine, Duchess of Suffolk, who was more than a passive observer of the turbulent Tudor era. **Pre-registration is required online at [MyActiveCenter.com](https://www.MyActiveCenter.com) or by calling the WCSA at 203-341-5099. Time: 1:30 to 2:30 PM.**

AARP Smart Driver Course

This four-hour course will review trends and safety tips pertinent to older drivers. Upon successful completion, you will receive a certificate that entitles you to a discount on your car insurance. **Please Note: dates for the in-house AARP Smart Driver Course will be announced soon! Please check the weekly WCSA newsletter for additional information or call the WCSA at 203-341-5099. Cost: \$30.00 for non-members and \$24.00 for AARP members.**

AARP/VITA Tax Prep: Income Tax Assistance

The Town of Westport announces the no-cost, full service AARP/VITA/IRS Volunteer Tax Assistance Program, with special attention to seniors and low to moderate income households, is again available to the community via on-site personal counseling and virtually through a secure internet site (<https://simplifyct.org>) for fiscal year 2021. It is important to bring all of your income expense documents as well as, a copy of last year's return with you. **Appointments will be available Wednesdays, January 26 through April 13, from 9:00 AM to 4:00 PM and Thursdays, January 27 through April 14 from 12:30 to 4:30 PM. The phone number to make an appointment with a certified volunteer is 860-590-8910.**

